

Health Care Coverage: Ninety-three (93) percent of respondents report they have health care coverage. However, 32% feel their coverage limits the care they receive and 16% report they needed to see a doctor but could not because of the cost. Sixty-eight (68) percent of respondents have had a checkup within the past year, and 80% have had a checkup within the past two years. Seventy-six (76) percent of respondents indicated their health to be “good” or better.

Cardiovascular disease antecedents: Heart disease and stroke cause more deaths than all other diseases. The major modifiable risk factors for cardiovascular disease is high blood pressure, high blood cholesterol, cigarette smoking, and sedentary lifestyle.

Tennessee estimates 65.6% of its residents have a sedentary lifestyle, 31.9% are obese, 25% have been told they have high blood pressure, and 26.5% are currently smokers.
Behavioral Indicators (Continued)

Six (6) percent of the respondents report they or a household member have had diabetes. By comparison, 13% of the respondents from Williamson County affirmed diabetes in themselves or a household member. People with diabetes are 2 to 4 times more likely to have heart disease (more than 77,000 deaths due to heart disease annually). And they are 5 times more likely to suffer a stroke (more than 11,000 diabetes-related stroke-deaths each year).¹ Twenty-one (21) percent of the respondents indicated they have had high blood pressure, 19% had been given advice to lose weight, and 32.5% are currently smoking.

In the publication “Tennessee’s Health People 2000,” Cheatham County averaged 58 deaths from Coronary Heart Disease between 1991-1993. This amounted to a rate of 149.5 per 100,000 population. This is 11% higher than the Tennessee rate of 134.8 and 50% higher than the Year 2000 National Objective of 100.0. Also in this publication, Cheatham County averaged 11 deaths from stroke between 1991-1993. The rate is 25.9 per 100,000 population. This figure is 24% below the Tennessee rate of 34.0. However, the rate for the county is 30% higher than the Year 2000 National Objective of 20.0.

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